

Custard Tart

Fit for a King's Coronation

Ingredients

- 250g / 9oz shortcrust pastry - sweet if liked
- 2 whole eggs and 2 egg yolks
- 500ml / 1pt half milk / half double cream
- 50g / 2oz unrefined caster sugar
- 1 vanilla pod



Preparation

Baking a custard tart is blissfully straightforward and requires nothing more than ingredients most people have in their larder. For 250g shortcrust pastry you'll need a 23cm / 9in flan dish.

Set your oven to 190°C (gas 5 / 375°F)

Roll out your pastry, line the greased dish and chill the whole for half an hour in the refrigerator. Longer won't hurt.

Recipe 10

Remove the pastry case from the refrigerator, line with parchment and fill with rice or baking beans. Bake the base blind until golden. This should take approx. 15 minutes. Take the parchment and beans out of the dish after 10 minutes and return to the pastry to the oven to crisp the base.

When done, set the pastry case to cool and reduce the oven temperature to 160°C (gas 3 / 325°F)

Mix the milk and double cream in a saucepan. Slit the vanilla pod lengthways and add to the milk and cream. Bring the mixture to a very gentle simmer and infuse for 10 minutes.

Whisk eggs, yolks and sugar together in a bowl, then remove the vanilla pod from the milk and pour the milk through a sieve into the egg mixture. Whisk thoroughly. The mixture will thicken a little.

Pour the custard mix into the pastry case and sprinkle the top with grated nutmeg or cinnamon. Place in the oven and cook until the custard is set. This will take 30-45 minutes, depending on how wobbly you like your custard tart.

Remove from the oven and leave to cool to your liking before serving.